



Summer and Travel Safety

Summer is a season filled with sunshine, vacations, and outdoor adventures, but it also comes with specific health and safety concerns that should not be overlooked. Whether you're lounging by the pool, traveling abroad, or spending long hours in the heat, taking a few simple precautions can help ensure your summer remains safe and enjoyable. Read below for essential public health summer safety information, including pool and beach safety tips to prevent accidents and drowning, the importance of staying up-to-date on travel vaccines to protect against diseases, and practical strategies for avoiding heat-related illnesses.

Pool and Beach Safety

Recreational water environments—such as pools, spas, lakes, and beaches—offer essential benefits for physical activity, relaxation, and social connection, promoting overall well-being. However, they also pose health risks such as drowning, waterborne illnesses, chemical exposure, and sun-related dangers, especially for vulnerable groups like children, seniors, and those with health conditions. To keep these spaces safe and enjoyable, preventive actions and informed choices are crucial. Public Health supports this through regulation, education, monitoring, and community outreach. To learn more about pool and beach safety visit: <http://publichealth.lacounty.gov/eh/safety/recreational-waters.htm>

Regulation and Safety Standards

Enforcing State codes for public pools and spas is a key role of Public Health, ensuring water quality, sanitation, and safety. Environmental Health (EH) inspectors routinely check chemical levels, filtration, and cleaning practices to prevent illness. They also verify safety features, such as lifeguard coverage, signage, emergency shut-off switches, and rescue equipment, especially at busy or youth-focused facilities. By upholding these standards, Public Health helps protect swimmers, prevent injuries, and sustain public confidence in aquatic venues. Heading to a public pool? Review EH's [Public Pool Inspection Results](http://publichealth.lacounty.gov/phcommon/public/eh/water_quality/beach_grades.cfm) (http://publichealth.lacounty.gov/phcommon/public/eh/water_quality/beach_grades.cfm).

Ocean Water Quality Monitoring

Public Health monitors ocean water quality through routine sampling and laboratory testing for indicator bacteria, such as E. coli, Enterococci, and Total Coliform, which signal possible contamination from runoff, sewage, or natural sources—especially after rainfall. Samples from designated coastal sites are tested using state-approved protocols. If bacteria levels exceed safety standards, Public Health issues advisories through news releases, signage, online updates, or temporary beach closures. These remain in place until the water is deemed safe to drink. This program is essential for protecting health, raising awareness, and preserving public trust in L.A. County beaches.

Before planning a beach trip, visit [Public Health's Beach Water website](http://publichealth.lacounty.gov/phcommon/public/eh/water_quality/beach_grades.cfm) (http://publichealth.lacounty.gov/phcommon/public/eh/water_quality/beach_grades.cfm)

Public Education and Drowning Prevention

Public education plays a crucial role in drowning prevention in Los Angeles County, where recreational water use is popular throughout the year. Public Health promotes awareness through campaigns, community partnerships, and educational materials geared toward parents, pool owners, childcare providers, and facility operators. These resources highlight life-saving practices, such as active supervision, pool barriers, CPR training, and swim lessons. All Public Health employees can act as pool safety ambassadors by raising awareness and reporting issues like cloudy water, broken gates, or missing rescue gear to the Environmental Health Call Center at 1-888-700-995. These initiatives foster a culture of safety, responsibility, and community care across the county.

For more information, visit the Environmental Health's Recreational Waters Program and Water Watchers program webpages. (<http://publichealth.lacounty.gov/eh/safety/drowning-prevention.htm>, <http://publichealth.lacounty.gov/eh/safety/water-watchers.htm>)

Mosquito-Borne Disease Awareness

Although July is not an official awareness month, LA County would like to highlight mosquito-borne diseases as they are more prevalent during the summer months. Some of these common mosquito-borne diseases are:

- West Nile Virus - The leading cause of mosquito-borne disease in the continental US. Most people with West Nile Virus do not develop symptoms, but about 1 in 5 will experience fever, headache, body aches, vomiting, diarrhea, or rash. Severe cases can lead to neurological illness.
- Zika Virus - While primarily a concern in tropical regions, occasional cases in the US have been reported. Symptoms are generally mild and include fever, rash, headache, joint pain, conjunctivitis (red eyes), and muscle pain
- Dengue Fever - More common in tropical and subtropical regions but can be commonly found in the US in travelers. Symptoms can range from mild to severe and can include fever, headache, muscle and joint pain, vomiting, bleeding, and lethargy.

Preventing mosquito bites is the first line of defense against these illnesses. Here are some effective strategies:

1. Use insect repellent and follow the product instructions for proper application
2. Wear protective clothing such as long sleeves, pants, and socks to shield your skin from bites. Light colored clothing is less attractive to mosquitoes
3. Install screens on windows and doors to keep mosquitoes outside. Repair any holes or tears promptly
4. Eliminate standing water as mosquitoes lay eggs there. Regularly empty water from flowerpots, gutters, buckets, pool covers, pet water dishes, and bird baths

To report mosquito infestations or ask questions, call your local Vector Control District. You can look up contact information for your local Vector Control District.

Vaccines for Travelers

Whether you're planning a trip abroad or exploring destinations within the United States, staying healthy while traveling starts with preparation. International travel can increase your chances of getting vaccine-preventable diseases that are less common in the United States. Protect yourself and your family while traveling domestically or internationally by getting all routine and recommended vaccinations as well as other critical travel-related preventative care (e.g., malaria prophylaxis, guidance on preventing traveler's diarrhea).

<http://publichealth.lacounty.gov/ip/travelers/index.htm>

Vaccinations should be completed at least one month before travel to allow time for your body to develop immunity. Some vaccines require multiple doses over several weeks to be effective. Additionally, certain travel-specific vaccines are only available at specialized travel clinics and may not be fully covered by insurance, so planning is essential.

Depending on your travel plans, your doctor may recommend additional vaccines, including:

- Typhoid Fever
- Yellow Fever
- Japanese B Encephalitis
- Meningitis
- Rabies
- Chikungunya
- Cholera
- Tick-borne Encephalitis (TBE)

Heat Safety

As summer approaches, it is also essential to prioritize heat safety to ensure a healthy and enjoyable season. Rising temperatures and increased outdoor activity can lead to serious heat-related illnesses if proper precautions aren't taken. During extreme heat, the body must work hard to maintain a normal temperature. If the body fails to cool itself, it can lead to severe heat illness and death. People exposed to heat may develop signs and symptoms of Heat-Related Illness, such as heat stroke, heat exhaustion, heat cramps, sunburn, and heat rash. Whether you're heading to the beach, exploring a national park, or navigating busy city streets, understanding how to stay calm and hydrated is key.

- In collaboration with the Office of Emergency Management, the Public Health Office of Communications and Public Affairs posts notifications about heat and outlines the areas of Los Angeles County that are affected. Sign Up for LA County Heat Advisories
- Be aware of daily forecasts for any location you are traveling to. To check current weather advisories, visit the National Weather Service and enter the city or zip code.
- Take actions to Stay Healthy in the Heat (stay hydrated, avoid direct sunlight, and wear appropriate clothing)
- Know the signs and symptoms of heat illness, prevention, and management (such as the importance of hydration, dressing for the heat, and staying out of direct sunlight).

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- Check in on family, friends, and neighbors, especially those with limited mobility, pregnant individuals, those working outdoors, and those with chronic conditions. Please encourage them to practice behaviors that will keep them safe and healthy during hot weather.
- Know where to go when it's hot to stay safe and calm and share that information with others. Los Angeles County and the City of Los Angeles offer free cooling centers to the public. Remember that swimming pools, splash pads, libraries, and malls are also great options for a break from the heat.

Curtis Tucker Center for Community Wellness

The Curtis Tucker Center for Community Wellness is partnering with Asian American Drug Abuse Program in providing people experiencing homelessness with the New You Resource Fair on **July 25th from 12:00 p.m. to 3:00 p.m., at 123 W. Manchester Blvd. Inglewood, CA 90301**. The event offers resources such as PrEP education, overdose prevention, health navigation, and harm reduction services. It is open to the community, and walk-ins are welcome.